

[The DrugScape]

A SAMPLE CHECKLIST

The following checklist can be applied against the measures listed on the previous pages. It can be photocopied and used freely. Only proceed if all checks are 100% positive and clear.

SAFETY CHECKS	DONE	NOTES
1. Research It Thoroughly		
2. Source It Carefully		
3. Test It		
4. Determine Dose		
5. Weigh It (Accurately)		
6. Allergy Test It		
7. Health Check		
8. Experience Plan		
9. Contact List (Help)		
10. Recovery Gap		

Think again before embarking: are you sure you wish to proceed and are you ready?